

Reading

By D.H. Coop

Reading is an elementary key to success in the educational system. Take, for example, a teacher assigning a reading exercise that will take an hour of reading. That assignment was based on a certain amount of time that it would take to do the reading, say, 500 to 800 words per minute. If one reads at a rate of 250 words per minute, then that reading time has just become a minimum of twice as long for that individual. I was one of those individuals and therefore identified as a slow learner.

I was not a slow learner. I process information differently, and the method of teaching reading did not allow for that difference. When I was taught to read, they started by telling me to use my finger to point at each word as I said it out loud. When I mastered that, they told me to stop using my finger. Later, I was told to stop saying the words out loud. Finally, I was told to stop moving my lips, and that ended the lessons on how to read.

The problem was, I was still saying each word mentally, and that slow my ability to read fast. My mind would jump ahead of my reading and try to finish the sentences before I read them completely, and I would have to start all over and reread a number of times, slowing the process of reading even more. Therefore, I learned the tricks of not reading to pass assignments that most students use to get their work done on time. Plus, I developed a method of listening and memorizing material in class to compensate for the poor reading skills. I can honestly say that I did not read a book until I was around 20 years old.

One Solution!

So, how did I learn to become a reader? The solution for me was to break the habit of saying each word mentally as I read. The problem was not that I could not read. I could read, but just slower than my mind was willing to wait. The key was to go back to the finger and move it faster, allowing my eyes to move across the words without giving them time to pronounce the words. When one enters a room, he or she does not pronounce everything they see mentally in the brain. The brain registers every item without having to pronounce it mentally. The same principle can be done with reading.

A simple method to increase one's reading speed is to first find out what your reading speed is. Read for one minute and then count the words, and that will give you an idea of your speed. Then for practice, use your finger or a guide to move across the page fast enough so that you do not pronounce the words mentally. Do this for five minutes each day, and within 30 days, your reading rate should double. This will be frustrating at first because you're retraining your mind to work more efficiently without the conflict of trying to pronounce each word as you read it.

This will develop your reading skills and is not shortcut as scanning or skimming skills they are different from reading skills. Reading skills allow you to comprehend at a faster rate of speed when reading and makes reading more enjoyable. However, this is not a solution for all reading problems. It is a method that one can try—it did work for me. I am never without a book now.

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